

# DINNERLY



## Reduced-Carb Greek Pork Salad with Oregano and Pickled Onion



25 minutes



2 Servings

The Greeks certainly know how to throw together a great salad – and this is no exception. Focusing on protein instead of carbs, we've added pork cooked in fragrant oregano to round out this tasty meal.



### WHAT WE SEND

- 1 red onion
- 2 tomatoes
- 1 Lebanese cucumber
- pork stir-fry
- 2g dried oregano
- 100g mixed salad leaves

\* The remainder of this ingredient won't be used in this recipe.

### WHAT YOU NEED

- 1 tbs red wine vinegar <sup>17</sup>
- 2 garlic cloves
- 1 tbs olive oil
- 2 tbs mayonnaise <sup>3</sup>

### TOOLS

- medium frypan

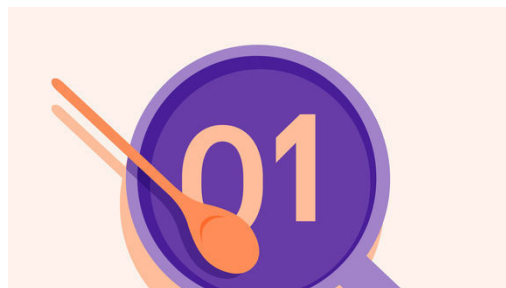
Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

Egg (3), Sulphites (17). May contain traces of other allergens.

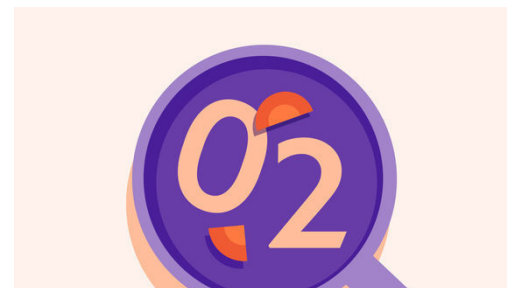
### NUTRITION PER SERVING

Energy 440kcal, Fat 28.8g, Carbs 6.3g, Proteins 36.6g



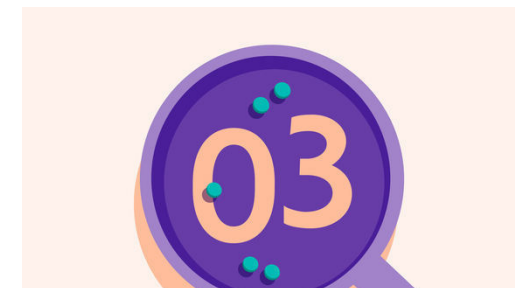
#### 1. Pickle onion

Thinly slice **half the onion\*** and put in a bowl. Add **1 tbs red wine vinegar**, season with **salt** and stir to combine (see Make it yours). Set aside to pickle, tossing occasionally, until needed.



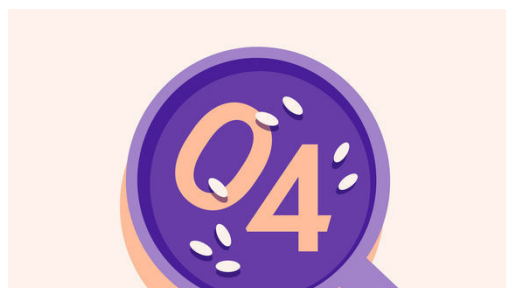
#### 2. Prep ingredients

Cut the **tomatoes** into wedges. Thinly slice the **cucumber**. Crush **2 garlic cloves**.



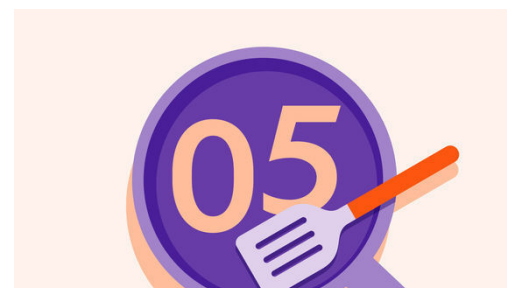
#### 3. Cook pork

Separate the **pork stir-fry** into a bowl. Add **half the garlic** and **2 tsp oregano\***, season with **salt and pepper** and toss to combine. Heat **1 tbs olive oil** in a medium frypan over medium-high heat. Cook the **pork**, stirring, for 2-3 mins until browned and cooked through. Remove the pan from the heat.



#### 4. Make dressing

Drain the **onion**, reserving the pickling liquid. Put the **remaining garlic, reserved pickling liquid** and **2 tbs mayonnaise** in a bowl. Season with **salt and pepper** and stir to combine.



#### 5. Serve up

Put the **pickled onion, tomato, cucumber** and **salad leaves** in a bowl and toss to combine. Divide the **salad** among bowls, top with the **pork**, drizzle with the **dressing** and enjoy!



#### 6. Make it yours

The pickled onion adds a nice tang to the salad, but if you aren't a fan, simply cook the onion with the pork in Step 3.